



Sunrise Senior Center
10650 W. Oakland Park Blvd.
Sunrise, FL 33351

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CURRENT RESIDENT OR



We are closed
Friday, July 4
Independence Day!

IT STARTS IN
PARKS
Coaching. Connecting. Community.

June Ticket Sale – Call for availability

Hollywood Beach Concert 7/2 W 6:15 pm - 10:00 pm \$5/\$7 180842A
Enjoy live music and dancing beachside under the stars.

Coconut Creek Casino 7/16 W 9:00 am - 3:00 pm \$5/\$7 180833A
Over 875 slot machines, electric tables games and hi-stakes poker make for a fun day out. Bring a picture ID.

Aventura Mall 7/22 TU 9:30 am - 2:30 pm \$5/\$7 180846A
Enjoy great indoor shopping at its finest. Then take time to experience the extensive food court for lunch.

Help Wanted: If you are interested in helping to maintain the Senior Center garden, please stop by the front desk and let us know your availability. Water plants, weed, or cut back some of the plants.



Sunrise Latin (No mtg. in August) Monthly TU 6:00 pm - 8:00 pm Walk-in Free
Social Club Join us the 1st Tuesday night of each month. This Club is lead by Ana Lopez and is geared towards socialization, building friendships, participating in activities and other special events. Everyone is invited. Senior Center membership is required. Queremos invitar a la comunidad Latina que venga a disfrutar de nuestro centro y ser parte de nuestra comunidad. We invite the Latin community to come embrace our center and be a part of our community.


July/Aug 2014

10650 West Oakland Park Boulevard | 954-746-3670 | www.sunrisefl.gov

SUNRISE SENIOR CENTER

Special Features

The Senior Center is closed on Saturday and Sunday.

	Date	Day(s)	Time	Register	Fee
Matter of Balance Workshop 	8/7 - 9/25	TH	9:00 am - 11:00 am	Call to sign up	Free
Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award winning program designed to manage falls and increase activity levels. Class will meet once a week for 8 consecutive weeks. Each participant receives a free workbook donated by Sunrise Fire Department #180880A					
Healthy Eating 101	8/8	F	10:00 am - 11:30 am	Call to sign up	Free
Lucette Talamas, R.D. will be here to speak about eating right. Whether you're just starting a plan for healthy eating or have been following a healthy diet for years, sticking to it can sometimes be challenging. But healthy eating doesn't have to be boring or tiresome. Please join us to learn how you can begin to eat a more healthy diet. Healthy snacks will be provided after the lecture. Sponsored by Baptist Health					



Program Showcase 10/9 TH 10:30 am - 12:00 pm 9/1 Free
We are pleased to kick off the season with a spectacular and informative “Program Showcase Exhibition”. Visit with us anytime during the 10:30 am - 12:00 pm time slot and learn about popular returning programs and exciting new programs starting this fall. Visit with instructors from many of our classes, question and answer opportunities as well as see some beautiful displays. Enjoy light treats throughout your visit as well as raffles.

Senior Cooking Club
July- Asian (#180816A) 7/18 F 10:00 am - 12:30 pm Now \$6/\$8
Aug- Italian (#180816B) 8/15 F 10:00 am - 12:30 pm 7/2 \$6/\$8
Sept- Apps 101 (#180816C) 9/19 F 10:00 am - 12:30 pm 8/6 \$6/\$8
If you have a love for food, join us for this exciting class where you will learn cooking tips, plating and presentation. Each month will focus on a different menu that we will get to enjoy at the end of class. Space is limited.

**Senior Cooking
Club Picnic
May 2014**



Social Services & Wellness Programs

The City of Sunrise provides information and referral regarding available state, and county social service programs. An emergency food pantry and medical equipment loan-out are available for Sunrise residents who may need temporary assistance due to loss of employment or other financial issues. For more information, contact the social worker at 954-746-3670.

Program	Date (s)	Day	Time	Fee	Registration
Emergency Food Pantry	Ongoing	TU TH	mornings afternoon	Free Free	Call for Appt. Call for Appt.
The City of Sunrise operates an Emergency Food Pantry with canned goods for Sunrise residents in need. Visits are limited to no more than once every 3 months, by appointment only and must be arranged with the Social Worker. Please bring proof of residency with you at time of appointment.					
Bereavement Support Group	Weekly	TH	9:30 am - 11:00am	Free	Ongoing
This group is facilitated by a professional grief counselor and is a valuable source of support for those dealing with grief and mourning.					
Free Eyeglass Repair	Weekly	F	10:45 am - 12:45 pm	Free	Ongoing
Get free help repairing your eyeglasses by Leonard Falitz, a licensed optician. He will help repair with nose pads, screws, and minor frame adjustments. He is located in the hall near the classrooms at the Senior Center					
Blood Pressure Check (Sunrise Fire/Rescue)	7/11, 8/8, 9/12	F	10:30 am - 11:30 am	Free	Walk-ins welcome
Property Tax Exemption Assistance	7/11, 8/8,9/12	F	10:00 am - 11:30 am	Free	Walk-ins welcome
Representatives from the Broward Property Appraiser’s office will help taxpayers apply for homestead and other exemptions, including those for seniors, widows, the disabled, and veterans. Bring a Florida Drivers License or ID card; a Broward voter registration card or declaration of domicile; Social Security numbers of all owners; and a copy of the recorded deed or tax bill. Resident aliens must bring a permanent resident green card or proof of asylum.					
Veteran’s Advisor	7/11, 8/8, 9/12	F	9:00 am - 12:00 pm	Free	Walk-ins welcome
Broward County Veteran’s Services will have a representative at the Senior Center to provide assistance to veterans and their widows, dependents survivors. Services are focused on attainment and maintenance of self sufficiency. Services include: referral and linkage and benefits and claims processing.					
Talk to Your Congressman & Representative	7/8, 8/12, 9/9	TU	9:00 am - 11:00 am	Free	Walk-ins welcome
A representative from Congressman Alcee Hastings’ office will be available at the Sunrise Senior Center to provide assistance to residents who have issues with a federal agency such as the military, VA, IRS, Immigration, Medicare Social Security and U.S. Postal Service. For more information call 954-733-2800 Also, a legislative aide to Katie Edward’s office will be available as her office can help on the state level.					
Life Changes Lecture	7/11	F	10:00 am - 11:00 am	Free	Call to sign up
Ann Adams –Hove LCSW (VITAS staff member) will lead an example of a Life Changes session on how to handle life’s challenges. Topics such as life transitions, adjustment to the aging process, health decline, loss of a spouse, and other factors will be discussed. Lunch will be provided to all pre-registered participants. Space is limited.					
Diabetes & Exercise Lecture	9/12	F	10:00 am - 11:30 am	Free	Call to sign up
A doctor from Senior Medical Associates will speak about the relationship between diabetes and the effect that exercise has on the symptoms of the disease. Weight loss and a healthy lifestyle can aid in prevention. A light breakfast will be provided to all pre-registered participants.					

Senior Trips

Program	Date(s)	Day(s)	Time	Fee (Members/Non Members)	Program #
July Ticket Sale 7/11 Members; 7/18 Non-Members					
Marlins vs Reds	8/3	SU	11:45 am - 4:00 pm	\$25/\$27	180837A
Root on your favorite at America’s favorite sport. Enjoy air conditioned comfort & great seats close to the field. (Section 23 rows F-G).					
Hard Rock Casino	8/13	W	8:45 am - 2:30 pm	\$5/\$7	180826A
Enjoy the slot room and table game games room that provide a lavish experience for players like you.					
Weiner Museum of Decorative Arts	8/19	TU	9:15 am - 3:00 pm	\$5/\$7	180841B
A \$2 cash entry fee will be collected at the door. The museum features the greatest collection of nineteenth and early twentieth century British ceramics in the world. Inside you will find works from the various British ceramics factories including Daulton, Wedgwood and more. The collections include numerous examples of Flambé ware and works of 20th and 21st century artists and designers such as Dale Chihuly, as well as the work of early glass artists such as Rene Lalique. Afterwards, enjoy strolling down antique row on Dania Beach. Visit Ornamental Interiors, Barbee Joe’s Relics, and Davidson Antiques. Then board the bus for lunch on your own at Jackson’s Ice Cream Parlor.					
August Ticket Sale 8/1 Members; 8/8 Non-Members					
Diners Club “Cracker Barrel”	9/2	TU	11:30 am - 2:30 pm	\$5/\$7	180829A
Enjoy a tasty southern style lunch followed by some browsing through the old country store. Find old time candy and more.					
Key Largo Princess	9/10	W	7:45 am - 4:00 pm	\$42/\$44	180844A
View the exciting, beautiful, underwater world of John Pennekamp Coral Reef State Park. Enjoy the panoramic offshore view of the Florida Keys ride inside in air-conditioned comfort. When you reach the reefs you will want to stand and look through the large viewing windows while your narrator tells of the wonders of the reef below. Afterwards enjoy a delicious lunch at the Holiday Inn. Before retuning there will be a quick stop to the Key Lime Café where you can chose from unique gifts & purchase Key Lime Pie to go.					
Holocaust Memorial, Lunch on Lincoln Rd & Jewish Museum	9/18	TH	8:30 am - 4:00 pm	\$10/\$12	180842A
A \$2 cash donation will be collected at the door. Experience the Memorial & Garden that allows memories to live on eternally. Photographs and sculpture are displayed to show the history and of the Holocaust so future generations will never forget. Then it’s off to Lincoln Rd for lunch on your own, followed by a visit to the Jewish Museum. Explore the richness and diversity of Jewish life, the unique ways in which Florida Jews influence and are influenced by the historic and cultural dynamics of Florida.					
City Tour of Miami	9/30	TU	8:00 am - 3:30 pm	\$30/\$32	180848A
Travel by bus through the business district of downtown Miami and along Biscayne Bay passing Vizcaya & the Science Museum making your way to Coconut Grove, once known as a Bohemian village. Then wind through beautiful Coral Gables and continue through Little Havana: the Caribbean district famous for its Cuban cafes and domino players. On the Big Bus City Loop you’ll see a complete spectrum of Miami with areas rich in money and rich in culture. Afterwards stroll through Bayside & enjoy lunch on your own.					



July/Aug Classes & Programs

Program	Date(s)	Day(s)	Time	Register On	Fee	Program#	Program	Date(s)	Day(s)	Time	Register On	Fee	Program #	
AARP Safe Drivers Course	Bring a check to class made payable to AARP. (Fees - \$15 AARP Members, \$20 Non- Members)						Exercise Classes Tai Chi	Tai Chi is a great way to improve your balance and help prevent falls. Senior Center membership is required. Due to popularity, students may participate in either M/W or TU/F classes. Aug TU/F 9:00 am - 9:30 am 7/2 Free 180858C Aug M/W 9:00 am - 9:30 am 7/2 Free 180858D Sept T/F 9:00 am - 9:30 am 8/6 Free 180858C Sept M/W 9:00 am - 9:30 am 8/6 Free 180858D Oct T/F 9:00 am - 9:30 am 9/3 Free 280858A Oct M/W 9:00 am - 9:30 am 9/3 Free 280858B						
	9/17 - 9/18	W&TH	9:00 am - 1:00 pm	8/5	\$15/\$20	180853A								
	10/15 - 10/16	W&TH	9:00 am - 1:00 pm	9/2	\$15/\$20	280853A								
Beginners Beading	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) No beading experience needed. 8/5 - 8/26 TU 10:00 am - 12:00 pm 7/1 Free 180814B 9/2 - 9/30 TU 10:00 am - 12:00 pm 8/5 Free 180814C 10/7 - 10/28 TU 10:00 am - 12:00 pm 9/2 Free 280814A						Senior Aerobics	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program. Aug TU 9:30 am - 10:30 am 7/2 Free 180857B Sept TU 9:30 am - 10:30 am 8/6 Free 180857B Oct TU 9:30 am - 10:30 am 9/3 Free 280857A						
Intermediate Beading	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Beading experience needed. 8/4 - 8/25 M 12:30 pm - 2:30 pm 7/1 Free 180812B 9/1 - 9/29 M 12:30 pm - 2:30 pm 8/5 Free 180812C 10/6 - 10/27 M 12:30 pm - 2:30 pm 9/2 Free 280812A													
	Materials list available from the instructor. Please stop by a class to speak with Instructor Karen McDavitt. (Senior Center membership required) Must be able to read a pattern. 8/5 - 8/26 TU 1:00 pm - 3:00 pm 7/1 Free 180805B 9/2 - 9/30 TU 1:00 pm - 3:00 pm 8/5 Free 180805C 10/7 - 10/28 TU 1:00 pm - 3:00 pm 9/2 Free 280805A													
Book Club	Join our Book Club... Read the book, examine and discuss the story with a friendly group of people. Light refreshments will be served. Must be registered.						Zumba Gold	Senior Center membership is required. (Max. 24 students per class) A certified instructor will be teaching the class which is sponsored by Baptist Health of South Florida. An additional waiver is required to participate in this program. Aug F 9:30 am - 10:30 am 7/2 Free 180856A Sept F 9:30 am - 10:30 am 8/6 Free 180856B Oct F 9:30 am - 10:30 am 9/3 Free 280856A						
“The Invention of Wings” By Sue Monk	8/22	F	11:30 am - 12:30 pm	now	Free	Chair Yoga								Aug TH 1:00 pm - 2:00 pm 7/2 \$12/\$14 180861B Sept TH 1:00 pm - 2:00 pm 8/6 \$12/\$14 180861C Oct TH 1:00 pm - 2:00 pm 9/3 \$15/\$17 280861A
“The First Phone Call From Heaven” By Mitch Albom	9/26	F	11:30 am - 12:30 pm	now	Free									Floor Yoga
Chess Club	Weekly	F	10:00 am - 12:00 pm	Walk-in	Free		Conversational English	This program is for individuals who are interested in improving their English speaking skills. Meet in small groups weekly, for 8-weeks. Speak with a volunteer who will talk with you in English and help you improve your communication skills. Participants must be registered. Maximum 12 students. 10/8 - 12/3 W 12:30 pm - 2:00 pm 9/4 Free 10/10 - 12/5 F 10:00 am - 11:30 pm 9/4 Free						
Computer Programs	The computer classes are available to Senior Center Members only.													
Beginning Computers	10/7 - 11/18	TU	1:00 pm - 3:00 pm	9/4	\$10	280802A								
	10/7 - 11/18	TU	6:30 pm - 8:30 pm	9/4	\$10	280802B	Painting Classes	Students will be limited to attending 2 painting classes only. Senior Center membership will be required for all levels.						
Intermediate Computers	10/8 - 11/19	W	1:00 pm - 3:00 pm	9/4	\$10	280803A								
Technology Class	1st & 3rd	TU	9:30 am - 11:00 am	Walk-in	Free	180806A								Beginning Painting
	Each month a different piece of equipment will be discussed. Bring in your digital camera, cell phone, tablet or laptop and learn simple operational techniques.													
Scottish Dancing	Weekly - July	TU	7:00 pm - 9:00 pm	Walk-in	Free		Intermediate Painting	Painting experience needed 10/10 - 11/14 F 1:30 pm - 3:30 pm 9/2 \$20/\$22 280820A						
	Learn the traditional dances of Scotland. No experience or partner required. There will be NO class during the month of August.													
Let’s Talk Discussion Group	Weekly	W	1:00 pm - 2:00 pm	Walk-in	Free									Advanced Painting
	Enjoy a great group of people & “Let’s Talk”. Make new friends, discuss news, hot topics and much more.													